

During the COVID-19 pandemic, we recommend that both you and the person you care for shelter safely at home as much as possible. If you must go out, and can't drive yourself, you or a loved one may find it necessary to use a ride service like Uber or Lyft. If you do, please follow these guidelines.



Wear a face mask

Wear a cloth face mask when using public transportation or rideshares. The mask must cover your mouth and nose. If you don't have a mask, there are several CDC tutorials on how to create one.



Wash your hands

Wash your hands for 20 seconds with soap and warm water before and after using rideshare services or public transportation. Also carry hand sanitizer for easy sanitization while away from hand-washing stations.



Don't touch your face

Avoid touching your face, especially after using door handles, seatbelts, or anything else in a public space. Use hand sanitizer after contact with publicly used items and wash your hands as soon as possible.



Ride in the backseat

Social distancing means maintaining distance from other people. In a rideshare vehicle, the best way to do this is to sit in the back seat—even if you're both wearing masks.



Open your window

Ask your driver if you can lower your window. Keep the windows down when possible to minimize exposure to recirculated air.



Give yourself time

Before you can book your rideshare, you may be asked to complete an in-app personal health certification. Give yourself time to complete it.